

2024 Registration Guide

Step 0: Click the registration link on the home page or navigate directly to <https://r2rrelay.com/register/>

← → ↻ 🏠 <https://r2rrelay.com> HOME CONTACT US SITE MAP

Who Are We?

The Mississippi and Ohio rivers meet at the southern tip of Illinois. Between the two rivers lies a land quite unlike the rest of the state. Towards the end of April every year thousands of runners cross this land between the rivers in the River to River Relay. [Read more...](#)

Weather
The Course
Divisions / Records
Race Forms
Dates / FAQ

Teams of eight runners compete on an 80-mile course. Each runner completes three sections that range in length from 2.5 to 4 miles. Teams are started in groups every 30 minutes beginning at 6:15am and continuing until the last group is started at 8:45am. The finish line closes at exactly 8:00pm.

The race starts at McGee Hill in LaRue Pine Hills on a bluff overlooking the Mississippi River Valley. The course follows country roads (mostly paved but some stretches of gravel) through the Shawnee National Forest to its finish at the Ohio River in Golconda.

[* Official 2023 Results ***](#)**

[REGISTRATION FORM](#)
[CLICK HERE TO REGISTER](#)

***** Team Volunteer Requirement *** NEW FOR 2024**

Recently Race Director Kyle Orso was a guest on the Lace up and Run Podcast hosted by Tim Jarvis to discuss his first year as Race Director of the River to River Relay. Available on Apple, Spotify, or wherever you get your podcast.

Step 1: On the registration form, complete each step of the process as prompted. Fields with * are required. You won't be allowed to proceed to the next step until you complete these fields. Specific answers to some questions will open more fields for additional information. These fields will be self-explanatory. You must choose a Major Division. Special Division are optional. Click Next to proceed to next screen.



Team Name * Team City * Team State *

Division * Special Division

Did team compete in 2022 Relay? * Did your team volunteer in 2022?

For a list of Major Divisions and the criteria click [here](#).

For a list of Special Divisions and the criteria click [here](#).

Team names can not be changed after entry submission. Choose wisely.

Next

Step 2: Enter information about the team manager. At any point in the registration process, you can use the back button at the bottom of the form to return to the previous step if needed. Click Next to move on to the next step.



First Name *	Last Name *		
<input type="text" value="Best Manager"/>	<input type="text" value="Ever"/>		
Mailing Address *	City *	State *	Zip Code *
<input type="text" value="P.O. Box 3475"/>	<input type="text" value="Carbondale"/>	<input type="text" value="IL"/>	<input type="text" value="62903-3475"/>
Email *	Phone *		
<input type="text" value="kyle@r2rrelay.com"/>	<input type="text" value="123-456-7890"/>		

A valid e-mail address is essential for communications with the Race Director. Add kyle@r2rrelay.com to your safe senders list to ensure you don't miss important emails.

[Back](#) [Next](#)

Step 3: Rank your preferred start times. 1 being the first choice down to 7 being the last choice. If you don't want to be considered for a specific start time, enter X. Blanks will be considered a X. Then enter your team's estimated finish time.



5:45am	6:15am	6:45am	7:15am
X	5	2	1
7:45am	8:15am	8:45am	
3	4	X	

Expected time to complete the course:

Hours * Minutes *

6	32
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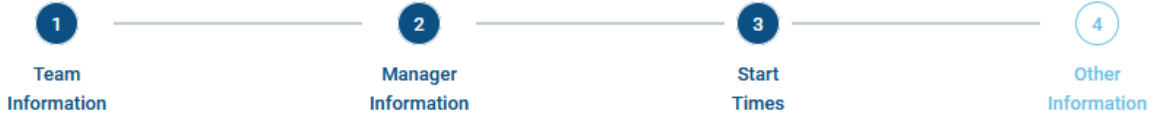
Rank all starting times, 1 for most preferred, 2 for second, etc. Rank every time that is acceptable to you. Enter "X" for any time that you will not accept. Your entry will be rejected if all the acceptable start times are full when the entry is processed. Once your entry has been received and a starting time has been assigned, it will not be possible to change it. Applications that limit the number of acceptable start times greatly reduce the chance of being accepted.

*Seeded teams and teams starting at 7:45 will be permitted two support vehicles. Other teams will be limited to one support vehicle.

It's the team managers responsibility to field a team that can finish reasonably close to the estimated finish time you entered above. The inability to do so may result in your team missing cutoffs on course.

Back	Next
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Step 4: Enter any relevant notes or comments regarding your entry. Then select if you want added to the waitlist in the case of non-selection. Once complete click Submit.



Comments

Add any comments or relevant notes here.

If your team is not selected, would you like to be added to the waitlist? *

Yes

By clicking submit below I understand that as a Team Manager I am responsible for the safety and actions of my team members. Further, by applying to participate in the River to River Relay I agree that we will follow all rules and regulations in place at the time of the event.

Back Submit

Step 5: Once submitted you will receive a success message.



Thank you! Your 2024 River to River Relay team entry has been submitted. You will receive a confirmation email within 15 minutes.

If your entry is accepted, we will send notification to the Email address listed on your entry form no later than Saturday, December 2nd, 2023.

If your entry is accepted, you will have seven (7) days from the time the acceptance email is sent to you to send one check for your team's entire \$600 entry fee. If we do not receive your entire entry fee within this time, your entry will be cancelled and your position given to the next team on the wait list. Once entry is accepted, refunds or deferral are not available for any reason.

Thanks and good luck!!

Step 6: Shortly after you will also receive a confirmation email, with a summary of your entry.

2023 River to River Relay Registration Confirmation: The Best Possible Team in the History of Teams

RT River to River Relay <noreply@r2rrelay.com>
To: kyle@r2rrelay.com

Mon 10/10/2022 11:32 PM

This email is confirming we have received your 2023 River to River Relay registration. This does not indicate you have been selected or guarantee you entry into the relay. You will be notified via email of your teams selection or non-selection into the 2023 River to River Relay by December 3rd, 2022.

Team Name: The Best Possible Team in the History of Teams
Team From: Carbondale, IL
Major Division: Open
Special Division: Old Friends
Estimated Finish Time: 6:32

Manager: Best Manager Ever
Email: kyle@r2rrelay.com
Address: P.O. Box 3475 Carbondale, IL 62903-3475
Phone: 123-456-7890

Start Time Preferences
5:45am: X
6:15am: 5
6:45am: 2
7:15am: 1
7:45am: 3
8:15am: 4
8:45am: X

This is a automated message from an unmonitored mailbox. For inquires please contact the race director.

Congratulations. At this point your registration is complete. You will receive an email on or before December 2nd notifying your team of their selection or non-selection and waitlist status for the 2024 River to River Relay.